

October 22, 2023

HEARTS IN HOLY RHYTHM

Nurturing Faith and Spirituality at Home

Whether together or apart, we wonder and learn from amazing stories of God's people shared from generation to generation.



We travel with the people of Israel on their long journey through the wilderness toward a new land and new identity and tell our own stories about God and who we are as Christ's disciples.

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This week, we are comforted in the assurance that God is at the core of our being and seek to align ourselves with the Holy Mystery's beating heart.

Enter Mystery and Wonder

Read [Exodus 33:12–23](#) or **listen** to the audio story "[Moses' Wondrous Encounter with God](#)," or **gather** around as someone tells the story "[Moses Thinks about God](#)"

Moses attempts to experience God as he understands the Creator, but God is bigger than we can perceive. And yet, God still seeks to be in relationship with us. Relationships are important, and a relationship with God is paramount. What does it mean to be on a journey of friendship with the One who desires to be in a loving relationship with us? What practices help us give our time, presence, and attention to God as we respond to the invitation into Holy friendship?

The more time we spend in God's presence, the more we open ourselves to being aligned with the Holy Mystery, to our heart beating in holy rhythm.

- **Is there a song, a hymn, or a piece of music that makes your heart sing? Play it, share it, and enjoy the mysterious wonder into which music invites us.**
- **After the story and music, take time to sit in silence. Breathe deeply in through your nose, out through your mouth. Feel the rhythm of your heart beating. Breathe gratitude for life, for wonder, for God.**

Colour, Create, Meditate

Practice stillness

When we want to spend time with God, what practices are helpful? Being still, like Moses? Colouring can help us to be still, to quiet our minds.

Print the mandala on this week's [activity sheet](#). Take some pencils or crayons, find a quiet place. As you slowly, gently colour, may you find yourself growing still, calm, and open to the mystery and wonder of God's presence.

Seeing God

Create a collage with your art supplies that represents how or where you see God in the world. Make this a daily practice for the week, reflecting on where you have seen God each day.



Meditate with Moses

Enter stillness with "[Seeking God's Presence](#)," a Christian meditation drawing on the story of Moses' encounter with God in Exodus 33:12–23 from the North Western Baptist Association in the United Kingdom.

During the Week

Something to think about

Within [Psalm 99](#), a few verses allude to the whole story of the people of Israel. The hearers are reminded of God's saving acts and of the leaders who led them through their hardest times.

1. Consider the arch of your life at this moment. Has it been a straight line? Have there been bumps, twists, and turns along the way? Sketch your lifeline with all its nooks and crannies down the middle of your page.
2. With your line drawn, recall the times that God has renewed or changed you. These might be the "saving acts" for the people of Israel; but for you, it might be a new school, job, a marriage, a birth, a second chance, or a new opportunity. Note those moments on your lifeline in symbols or words.
3. Finally, imagine where, along the way, God's "face" has been shown to you. Note those moments in symbols or words where God has come close or held you.

Look out for God's face shown to you in glimpses. Be alert for the moments in which you might be a glimpse of God's face for another.

Prayer

Here we are, God,
wanting to know and show your love.
Here we are, God,
ready for wonder.
Let our hearts beat with your heart,
help us to share the rhythm of your love this week.
Amen.

Listen to the song "[Our God Alone](#)," recorded by Phil and Gillian Newton for the School of Discipleship in Australia, 2021.
Visit [Lectio Connection](#) for current events that connect with this week's scriptures.

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